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# WHEN IS PORK "WELL-DONE"?

"Cook pork thoroughly well done," instructions always say. Well-done pork, says _____, _____ of _____ (name) (title) (institution) has lost all its pink color, both in the meat and in the juice. Fresh pork is a tender meat and many people, therefore, cook it too quickly, especially such cuts as chops, tenderloin, or sausage. Cured pork - hams, bacon, smoked sausage, and other pork products - must also be cooked well done.

The danger in eating pork that is not sufficiently cooked is that it may contain parasites that cause a disease called trichinosis. These parasites are extremely small and are not seen except under the microscope. There is no practical way of inspecting pork to locate them. When pork from affected hogs is thoroughly cooked the destroyed organism is no more dangerous than the devitalized bacteria in pasteurized milk or purified water.

The necessary precautions are quite simple. One should remember that large pieces require much more cooking than small ones, because heat penetrates slowly into the center of the meat as it cooks. Cook approximately 30 minutes to the pound in a moderate oven, after browning the outside surface to develop a rich flavor. If a meat thermometer is used, cook to between 180° and 185°. Particular care should be taken to cook pork chops well done to the bone. Make a small incision next to the bone with a sharp pointed knife to be sure the meat and juice are no longer red or pink

in color. A good way to avoid drying out is to brown the outside of the pork chops first and then cover the pan and cook them slowly.

Frozen or very cold meat may require longer cooking time, whatever the cut, than meat of ordinary temperature.

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